

3-2016

The Scoop, Vol. 2 Issue 12, March 2016

Health Sciences Library
University of Central Florida



Part of the [Medicine and Health Sciences Commons](#)

Find similar works at: <https://stars.library.ucf.edu/scoop-vol2>

University of Central Florida Libraries <http://library.ucf.edu>

This Book is brought to you for free and open access by the The Scoop at STARS. It has been accepted for inclusion in Volume 2 by an authorized administrator of STARS. For more information, please contact STARS@ucf.edu.

Recommended Citation

Library, Health Sciences, "The Scoop, Vol. 2 Issue 12, March 2016" (2016). *Volume 2*. 1.
<https://stars.library.ucf.edu/scoop-vol2/1>

The Scoop

Reporting The Latest From Your Health Sciences Library



Follow Us On Social Media: @ucfcomhsl



LIBRARY DATES TO REMEMBER

3/15: *Pick Your Poison*
Exhibit Reception
3:00 - 4:30pm
Library Atrium

3/17: BYOL Lunch & Learn Series:
Basic Technology Troubleshooting
12pm - 1pm
Room 211

REMINDERS:

Thursday March 10th is
National Popcorn Day!

5 MINUTE HEALTH TIP



Try out this recipe for
**Shalu's Lucky Green
Shake!**

Serves 1 -2

1 cup unfiltered apple juice
1 pear cored and chopped (any
variety of pear)
1-2 handfuls fresh or frozen spinach*

Put all ingredients in the blender and
pulse until smooth. Serve over ice.

*Tip: Put your bagged spinach in the
freezer and eliminate the ice for more of a
delicious green juice experience!



Come See Our New Exhibit to Learn About Mind-Altering Drugs

This spring the Health Sciences Library will be welcoming a brand new traveling exhibition from the National Library of Medicine. *Pick Your Poison* describes the evolution of how certain mind-altering drugs in American society have been perceived throughout our history. Learn about how alcohol, tobacco, opium, cocaine, and marijuana have gone from acceptable to taboo or vice versa. The exhibit will be on display in the library atrium on the second floor of COM from March 7 through April 16, 2016.

The library will be hosting a reception to encourage COM faculty, staff, and students to check out *Pick Your Poison*. Join us from 3:00-4:30pm on Tuesday, March 15, 2016 in the library atrium for some light refreshments and an opportunity to learn more about how our perceptions of certain drugs have changed over time.



Advertisement for Cocaine Toothache Drops
Courtesy National Library of Medicine

APP OF THE MONTH

A Pocket Nutritionist for Grocery Trips!



March is National Nutrition Month - create your perfect healthy shopping list using **ShopWell!** ShopWell is your family's nutrition expert. Use the app to scan food labels at home or in the store, and the app tells you if the food is a good match for your individualized lifestyle, dietary limitations, and goals.

This app was created by registered dietitians and is a USDA National Partner. **Shopwell** can also suggest alternatives to foods that you scan that don't meet your particular needs and show where those replacement products are sold near you!

FEATURES:

- ✓ Alerts you to the presence of more than 18 common food allergens (for example: wheat, sulfites, lactose, corn, soy, etc.)
- ✓ Helps you manage specific disease conditions such as IBS, Celiac's, Anemia, and Diabetes
- ✓ Helps you find foods that match your lifestyle (vegan, weight management, athletic training, healthy pregnancy, etc.)

ShopWell

AVAILABLE FOR **FREE** IN ITUNES AND IN THE GOOGLE PLAY STORE

INFORMATION. Anywhere, Anytime, on Any Device